

Recommendation of moving in to the
Sophia-Arrupe International Residence



SOPHIA-ARRUPE INTERNATIONAL RESIDENCE



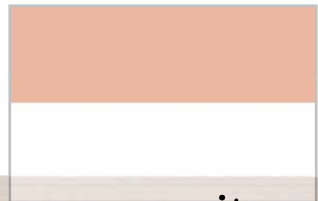
Sophia Bringing the World Together



Let's take a peek
inside the dorm!

Want to know about Arrupe?

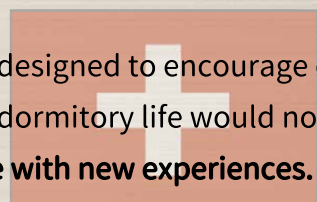
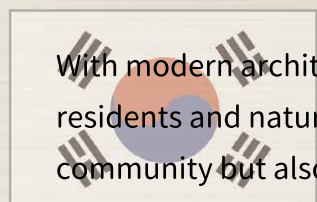




Through a global perspective and community living lead an exciting university life full of learning and new discoveries.

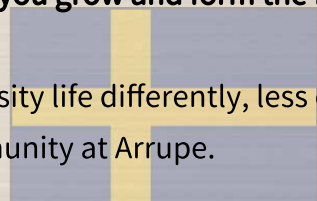
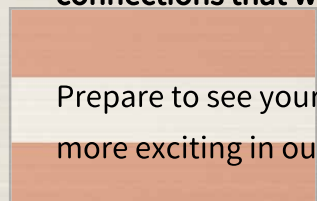


It has been 1 year since Arrupe International student dormitory has opened. In the background we have depicted the flags of our 2019's students' country of origin, of which the number of unique countries totals 24.



With modern architecture designed to encourage communication between both residents and nature your dormitory life would not only be a part of a rich community but also **be rife with new experiences.**

"I want to change!" "I want to challenge myself!", those who hold such wishes in their hearts will surely find companions here. Forging global friendships and connections that will help you grow and form the foundation for your future.



Prepare to see your university life differently, less confined and many times more exciting in our community at Arrupe.

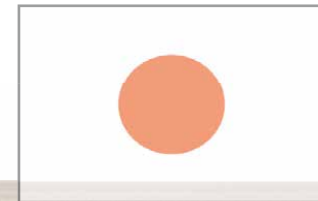
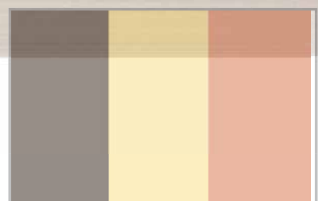
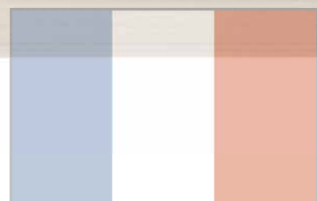
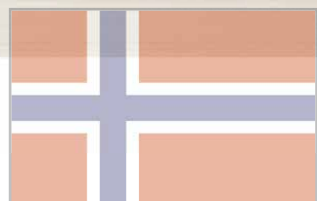


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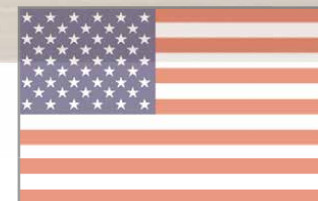
A day in the life of our boarding students②

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FAQ



Facilities

Arrupe International Student Dormitory is a 9-story building located in Shinanomachi, Tokyo. Only a minutes' walk from the train station, and 15-minutes away from the Sophia University campus, it is natural for students to make their way back to the dormitory in between their classes. This building houses both sexes in two separate wings, with a total of 180 rooms. Following the "Share-house" system a single resident will have a room to themselves. 7 rooms make up one unit where there is a shared dining room, kitchen, shower and washbasin. A two-floor atrium connects two pairs of units, uniting the two floors and promoting interaction between the units, making the dormitory feel more open and connected. There are also two private rooms, equipped with their own personal shower, washbasin, and toilet to accommodate students with disabilities.

LIVING CONCEPT

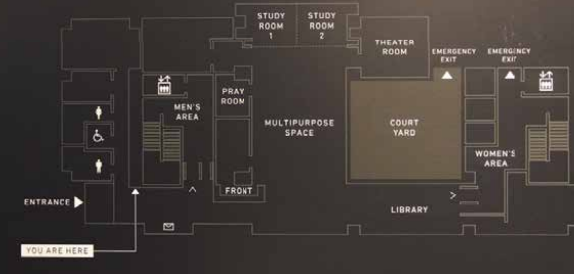
[Common living], two-story open atrium facing the courtyard, becomes core space of the community that can be shared by all the residents. It gently connects residential units as it allows communication between students even on different floors.

The large living space, forming one continuous area together with the adjacent dining and kitchen area for each unit, has interior of 4 different concepts: "木 (tree)", "花 (flower)", "土 (earth)" and "草 (leaf)" which are inspired by the richness of nature and four seasons in Japan. It invites students to enjoy active interaction with one another during the residence life.

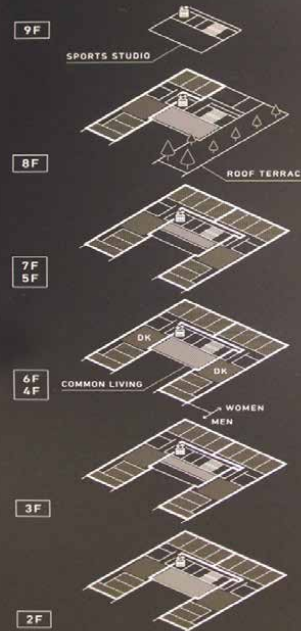
中庭に面する2層吹き抜けで開放的な設えの[コモンリビング]は、階をまたいだ寮生同士の交流も可能とするなど、住戸ユニットをゆるやかにつなぎ、寮生が共有できるコミュニティの核となるスペースです。

隣り合う各ユニットのダイニングキッチンと一体となる大きなリビング空間は、日本の豊かな自然・四季をモチーフとした「木」「花」「土」「草」の4つのコンセプトのインテリアで彩られています。寮生活における活発なコミュニケーションをお楽しみください。

1F FLOOR PLAN



2-9F PLAN



INTERIOR THEME



Study Room

Available for meetings and for students preparing for exams.



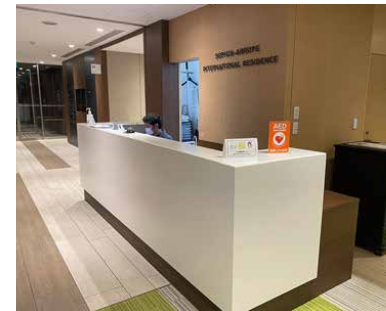
Theater Room

For those looking to watch a movie or play music.



Prayer Room

If you need a quiet place to collect your thoughts in prayer.



Office

Someone's always on duty to help any kind of trouble!



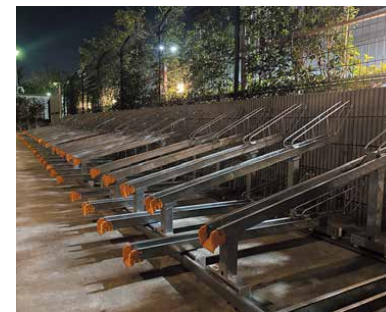
Courtyard

Skylight at the heart of Arrupe.



Bookshelves

Interested in a particular book or genre? Look no further.



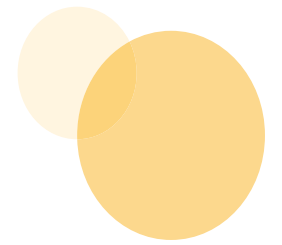
Bicycle Stands

You can park one bicycle per person! We're all cycling!



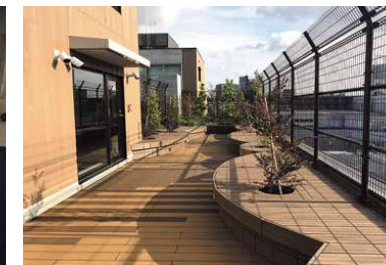
Flapper Gates

The first line of defense against illegal trespassers!



Excercise Studio

Dance, yoga, calisthenics, day or night, just come here.



Rooftop Terrace

Take in the refreshing scenery on the rooftop.



Laundry Room

Both washing machines and driers are provided.

Multi-Purpose Area

An area for all students to mingle, as well as entertain guests and visitors, furnished and equipped for various events.



Common Living

A pleasant and relaxing place for residents to unwind and collect themselves after a long day at school.



Unit

The place where you and your roommates will share and spend most of your time at the dorm.



Residents' Voices

Dept. of International Legal Studies Taketo Yamauchi (Shizuoka)

Arrupe has been designed to allow people to not merely interact with one another, but to get involved in each others' lives. You are always able to strike up conversation with someone. Since you can look out from the dining room into the common living area, you can easily call someone over and share a meal together.

The greatest strength of Arrupe is that it is an international dormitory. People from different countries all have different values, perspectives and cultures. By looking at those differences one can learn so many things. For example, take someone's faith or beliefs, which may make it difficult to share cooking utensils. Through these experiences you can learn to empathize with others and share their perspectives. You are able to learn things that a lecture wouldn't be able to teach you. It's such experiences that really enrich your life. Through interacting with so many different and unique people we can challenge and encourage each other to grow, which opens up new worlds to you and broadens your horizons.



Exchange Student Simon Rufener (Zurich)

Arrupe is a place where people from diverse countries and cultures coexist. The building is very new and the facilities are in great shape. You can use the theater room to watch movies with your friends from the dorm or outsiders. The study rooms are often used to do assignments alone or in a group. The gym on the ninth floor can be used to dance or to workout and if you're the lazy kind you can go up there to look at Mt. Fuji on a nice day. Also, the staff are very nice and will go out of their way to help you whenever needed.



One of the best things of living together with so many people is that there is always someone around to have dinner with or to play board games at midnight. It's also great to improve your language abilities in Japanese as well as many other languages.

Why did you want to move into Arrupe?

→I thought about how it was difficult for me moving to Tokyo from the countryside and wanted to help my underclassmen, who may also be struggling with this change by sharing my experiences. The idea of being one of the first people to move into a brand new dormitory was also a very exciting thought!

From your experience as the LGL's PR team leader, what lessons will stay with you?

→By being able to lead the creative process of our dormitory's LGL PR team, I really came to appreciate the behind the scenes work, the small building blocks that form the process by which we create the final product. Without a doubt, this newfound appreciation will help me in the future.

Whilst you have been living in Arrupe, was there anything you had to keep in mind?

→I made sure to always be responsible and considerate with my surroundings and people, even more so as an LGL.

For breakfast I have the 100 yen breakfast set on campus. Since our university is close by, I don't have to rush.

Joining Job Fairs during the day gives me the chance to talk to my fellow job searchers at the dorm at night.

Go at it while cheering each other on. Then once it's done, let's enjoy a movie together!

07:30, Wake Up

08:00, Wake Up

22:00, Chatting in the Multi-Purpose Area

13:00, Lunch Time

22:30, Return Home

Waking up to the delicious smell of cooked bacon that other students have made stimulates my appetite.

For lunch I return to the dorm to make my own meals, the dorm is just a stones' throw away after all.

With no curfew you can go out with friends, and don't have to pass up part time job opportunities.

Department of Global Studies, 3rd Year

Rin Matsuura

From Shizuoka Prefecture
Is an active member of the Sophia Festival Executive Committee, served as the director of General Affairs last year and from this year will be acting as the chairman of the Executive Committee

Department of Education, 4th Year

Eri Kinoshita

From Hyogo Prefecture
Was the LGL PR team leader in the year of 2019
She is the vice-leader of L'arbre de harmonie circle in Sophia University and is very active both in and outside of the dormitory



A talk with our Residents Representatives

Organizing events, Public Relations and providing support is an LGL's job. We asked the representative and vice-representative what being a part of the LGL's entails.

Q : What made you volunteer to become the faces of the LGL's?

Tsukasa : After reflecting on our year as LGL's, back when I was just a regular member, we outlined how we wanted the LGL's to function as a cohesive unit that reflected and built on the international culture that is a major part of the dorm's identity. This struck a chord with me and is the reason why I wanted to become the LGL representative.

Maho : I wasn't satisfied only being able to contribute in my sub-group, I wanted to motivate and help everyone out all the time, so I decided on becoming vice-representative to do just that!

Q : What new insights have you gained since becoming LGL representatives?

T: Being more connected to everyone in the LGL's representative I realized how much the members of a unit influence that unit's culture. Different customs and cultures interact and adapt to one another in the dormitory as a whole. It's interesting how the cuisine varies so strongly from the food just down the hallway.

M: Before I took on this role I was unsure of how much initiative I should take. Should I be more direct with my opinions, or more diplomatic? I wasn't sure if others would accept except my contribution, but since becoming the vice-representative I've come to realize that people appreciate my quirks and rely on me for my energy.

Q : Turning the questions to the dormitory itself, what are the best parts about Arrupe?

M: I enjoy talking to people and having company, so in Arrupe where there is always someone to talk to in either English or Japanese it's pretty much the perfect place for me and I'm always having fun!

T: That really is a glowing review. I love those aspects too but I don't just want to copy what you said. I'd say that you can really get to know people and everyone is very open with one another, overall a 9/10 experience.

Q : What is the most memorable thing that has happened in your time at Arrupe so far?

M: There was this time when about 20 people who were in the Theater Room kept dancing uninterrupted for about half an hour to "Hands Clap", which was playing on repeat. It was wild.

T: There is probably always something going on in the Theater Room, with someone dancing or singing karaoke. For me, it was this one time on the terrace, where I could clearly see the stars in the night sky and fireworks from Jingu Stadium, it was spectacular!

M: It's also quite impressive to see the studying rooms during exam week. When everyone is trying to get a slot to hunker

down and focus on studying. Oh - and this one time in winter in the dead of night, despite it being really cold, me and the girls ran over to the convenience store just around the corner to buy some sweets in just shorts and T-shirts!

Q : Finally for those who are considering coming to Arrupe, what would you like to tell them?

M: If you are interested in learning about other cultures or talking with exchange students in English, well any language really, this is the place for you. You get to interact with so many people from different places it's natural that you pick up so many things from them. For starting a new chapter in your life I would definitely recommend it.

T: I'm sure you will be excited about many things but also intimidated. Whether or not you can get along with everyone here or if you'll be able to communicate with people using your second language, I also had these worries. That's why we're here as LGL's, to help you out when you need. - If you ever need help with anything you can come to us, is what I hope you take to heart, I guarantee you'll have a great time! -



Department of Journalism, 2nd Year

3F LGL

Tsukasa Yano

From Gifu Prefecture
Spent one year abroad in the US on exchange
Is researching American Sports Journalism
Is the Current LGL representative

5F LGL

Department of Liberal Arts, 2nd Year

Maho Fujimoto

From Osaka Prefecture
Spent her formative years in the States. From age 6 has been doing rhythmic gymnastics
Represented Osaka at Nationals in high school
Currently she is the vice-representative of the LGL's in Arrupe.

